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The top 5 films of 2016. 27

CARRIE FISHER DIES AT 60

Child of Hollywood blazed a path as "Star Wars" heroine. 2

10 New York sports moments we won't forget. 29

COSTLY COUNTDOWN

Toasting the new year at Times Square: Way too expensive? 2

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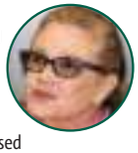
3 things you need to know

CARRIE FISHER, "STAR WARS'" PRINCESS LEIA, DIES AT 60



Carrie Fisher, who rose to fame as Princess Leia in the "Star Wars" films and later endured drug addiction and stormy romances with show business heavyweights, died on Tuesday aged 60, her daughter said through a family spokesman. "It is with a very deep sadness that Billie Lourd confirms that her beloved mother Carrie Fisher passed away at 8:55 this morning," Lourd said in a statement issued by Simon Halls. "She was loved by the world, and she will be missed profoundly." Fisher's friend and "Star Wars" co-star Mark Hamill said in a tweet: "No words. #Devastated" William Shatner, best known for his role in the television series "Star Trek," said he would miss her. "A wonderful talent & light has been extinguished." Fisher, the daughter of actress Debbie Reynolds and singer Eddie Fisher, who died in 2010, had been in England shooting the third season of the British sitcom "Catastrophe." She suffered a heart attack during a flight on Friday from London to Los Angeles. She was met by paramedics and rushed to the Ronald Reagan UCLA Medical Center. Her death came a month after the actress and author made headlines by disclosing that she had a three-month love affair with her "Star Wars" co-star Harrison Ford 40 years ago. Fisher revealed the secret to People magazine while promoting her new memoir, "The Princess Diarist," just before it went on sale. The book is based on Fisher's diaries from her time working on the first "Star Wars" movie. **REUTERS**

Mark Hamill and Carrie Fisher as Luke Skywalker and Princess Leia **GETTY IMAGES**

TRUMP PICKS HIS COMPANY LAWYER FOR SPECIAL NEGOTIATOR

Republican President-elect Donald Trump has turned to his company's long-time top lawyer to serve as a special negotiator for trade deals and other talks, Trump's team said in a statement on Tuesday. Jason Greenblatt, chief legal officer for The Trump Organization who served as Trump's adviser to the Middle East, will work as Trump's special representative for international negotiations, the statement said.

REUTERS

AMAZON SAYS 2016 HOLIDAY SEASON 'BEST-EVER'

Amazon.com said it had its best-ever holiday season, shipping more than one billion items worldwide through its Prime membership program. The company said more than 72 percent of its customers worldwide shopped through mobile devices, adding that Dec. 19 was the busiest shopping day this holiday season. The Amazon Echo home assistant and its smaller version, Echo Dot, were best-sellers, said Jeff Wilke, chief executive of Amazon's Worldwide Consumer division. "Despite our best efforts and ramped-up production, we still had trouble keeping them in stock," he said. Other best sellers included 72-pack Keurig K-Cups, the movie "Finding Dory," Samsung's Gear VR virtual reality headset and Nintendo's "Pokemon Sun" and "Pokemon Moon" role-playing video games, the company said. **REUTERS**

Revelers celebrate after the ball drop during New Year's Eve celebrations in Times Square on Jan. 1, 2016, in New York. **GETTY IMAGES**

Dropping the ball: NYC among worst places to ring in 2017

Personal finance site WalletHub says the most iconic party spot isn't the best.

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Around the world, all eyes will turn to Times Square, if only for 10 seconds.

The tourist destination has become synonymous with New Year's Eve. But its world-famous, 10-second countdown, complete with a crystal-studded ball, star-studded performances and plenty of confetti and bubbly, isn't the best place to ring in the new year.

It's not second or third best either.

Personal finance site WalletHub crunched the numbers, and ranked New York City 38th among the nation's 100 biggest cities based on price of party tickets, food and drink, hotel costs and walkability scores.

The average cost per ticket for a New Year's Eve celebration rings in at $102, the fifth-highest in the country behind San Antonio, New Orleans, San Diego and Nashville.

Overall, Gotham is ranked the second-worst city based on cost: in dining, beverage prices, hotels, and salon and other "pampering," the city is only second to Las Vegas as the most expensive to ring in the new year.

WalletHub analyst Jill Gonzalez said those costs put New York City lower on the ranking than expected. Still, people flock to the tourist-crammed heart of Manhattan to reminisce on those auld lang syne.

Tickets to Times Square events often top that $102 mark.

A BallDrop Pass grants access to several parties, including Madame Tussauds, House of Brews and B.B. King Blues Club and includes free food and drinks. It starts at $299 per person. One venue, The Counter, is charging the same for its general admission, which includes a five-hour open bar.

Then there's the hotel. On Dec. 31, the average three-star room totaled $345 a night — a 287 percent increase over a regular day.

But each year the revelers come.

"New York will remain a popular destination for New Year's Eve, despite its costs," Gonzalez told Metro, adding that for WalletHub, personal finance is weighted more heavily than popularity or weather in the study.

Gonzalez isn't wrong. Nearly one million people flock to the Square's many parties each year.

Bubba Gump Shrimp Co. made headlines last year for selling tickets to its New Year's Eve celebration for nearly $800 per person. On any given day, the most expensive entree is $21.

Tickets sold out again this year.

Nearby B.B. King Blues Club expects 1,000 revelers at its celebration this year, on par with its previous parties.

A spokesperson for the 42nd Street club attributed its popularity to the music lineup. This year, a Phish-themed after-party follows DJs and live performances. Tickets are between $89 and $269.

Unlike other cities, New York's walkability — the best in the country — helped it in rankings. Even in Times Square, partiers can stumble from one bar to another without needing a cab or Uber. The city ranked second best for safety and accessibility by the finance site, too.

"As long as you plan a scheduled NYE route and try to stick to it, you can save on cab-fare or transportation costs in New York," Gonzalez said. "That way, you can allocate more funds to that expensive NYE party ticket!"

Top 5 best bets

WalletHub picked these cities for bang for your buck:

1. Orlando
2. San Francisco
3. Atlanta
4. Denver
5. Buffalo

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Yoga for Kids Ages 5-8	2:00pm - 3:30pm
Ballet for Kids Ages 9-13	3:30pm - 5:00pm
Karate for Intermediate	3:30pm - 5:00pm
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Out on the town: New York City's hottest restaurants and bars of 2016

In 2016, trends were left behind for some genuinely memorable food.

EVA KIS
@thisiskis
eva.kis@metro.us

Lilia helped up the ante for Brooklyn's pasta game this year. EVAN SUNG

It's been a bad year for, well, any number of reasons, but NYC dining couldn't have been more exciting. We had new projects by juggernaut chefs (Tom Colicchio's Fowler & Wells), fast-casual food got the celebrity chef treatment (Michael Solomonov's hummuseria, Dizengoff), and we got some actually delicious takes on healthful food (the ayurvedic Divya's Kitchen). Here are the biggest hits of 2016, an impressive crop of newcomers that look good to stand the test of time.

Lilia

Faro in Bushwick threw the gauntlet for inventive pastas last year, and Lilia is every bit as worthy of the hype. There's no end to the surprises flowing out of the kitchen at chef Missy Robbins' garage-turned-Italian bar and restaurant in Williamsburg. Starters like sardines and blowfish tail(!) lead into dizzying clouds of pasta, from ricotta gnocchi in broccoli pesto to aged goat cheese-topped corzetti. *567 Union Ave., Brooklyn*

Paowalla

This was definitely the year that Indian food broke out of its rut, and nowhere better than in the kitchen of chef Floyd Cardoz. He brought back some favorites from the dearly departed Tabla, added signature items like the crazy tender vindaloo pork ribs, and put a spotlight on goat, a meat that deserves more attention for environmental and nutritional reasons. *195 Spring St.*

Ichiran Ramen

This Bushwick ramen import hit New Yorkers' sweet spot in two very important ways at its first North American spot. First, it tapped into our need for just one moment of even imagined privacy with its "flavor concentration booths." Two, it simplified the ramen experience down to a single customizable bowl. The simplicity is completely Japanese, and the tonkotsu is just as you like it. *374 Johnson Ave.*

Thai Villa

Flatiron's modern Thai restaurant hasn't gotten a lot of press, but those in the know have been flocking to eat beneath its chandeliers of glittering gold leaves or sip milk tea in cozy booths topped to look like you're sitting inside a lantern. The warm service gives way to dishes like crispy catfish salad and royal pad thai served in an "egg net" that are both Insta- and wallet-friendly. *5 E. 19th St., G Floor, Flatiron*

Le Coucou

NYC may be only second to actual France when it comes to French food, but we don't tend to see a lot of exciting newcomers in the genre. Not so at this SoHo charmer by Stephen Starr, who toned down his bombastic style (Buddakan) to create a sleek but approachable dining room and installed Parisian expat Daniel Rose to wow the jaded crowds with rabbit three ways and pave with caramel mousse. *138 Lafayette St.*

Westlight

Just when we thought we were over rooftop bars, along comes a new destination we just can't resist. Andrew Carmellini took over the entire 22nd floor of the new William Vale Hotel with a stunning indoor-outdoor bar boasting unobstructed views of Manhattan. Come for the cocktails, stay for the small plates (reserve a table to skip the line at the elevator) like fried stuffed olives and shrimp cocktail dumplings. *111 N. 12th St., Williamsburg*

NYC dining couldn't have been more exciting

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Farm-to-table is a worn mantra — at Per Se and Alinea alum Greg Baxtrom's neighborhood charmer, they do things backyard-to-table. That includes keeping quail hens in a pen and a garden where asparagus, fiddlehead ferns and much of the rest of the menu is sourced. It's a fitting tribute to the restaurant's namesake, Central Park designer Frederick Olmsted, and so is the menu of comforting fare that gives vegetables the star treatment — while keeping most dishes around $20. *659 Vanderbilt Ave., Prospect Heights*

Atoboy

Korean side dishes (banchan) are the main event here, with your dinner options consisting of a choice of three with a side of rice for $36 — a steal for fare by chef Junghyun Park, who previously headed up the two Michelin-starred kitchen at Jungsik. Unconventional pairings include smoked eel with green beans and octopus with kimchi, all served with familial warmth by a team led by Park's wife, Ellia. *43 E. 28th St., NoMad*

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It's your last chance to eat at New York's famed Carnegie Deli

After nearly 80 years, the Midtown deli is closing on New Year's Eve.

NIKKI M. MASCALI
@MetroNewYork
nikki.mascali@metro.us

A Midtown eatery, frequented by celebrities, tourists and ordinary New Yorkers alike, will serve its famous 1-pound sandwiches for last time this week.

The Carnegie Deli, so named for its proximity to the renowned music hall, will close the doors of its original location on the corner of Seventh Avenue and 55th Street on Saturday.

The restaurant was opened in 1937 by Bernie Gross, Max Hudas and Thomas North. The trio sold the deli to Leo Steiner and Milton Parker in 1976, and it soon became as famous for its clientele as it was for its hefty portions of pastrami and other meats.

The Carnegie Deli will live on with locations at casinos and sports arenas. WIKIMEDIA

Carnegie Deli is now operated by Parker's daughter, Marian Harper Levine, who announced in September that she was closing the iconic eatery.

"At this stage of my life, the early mornings to late nights have taken a toll, along with my sleepless nights and grueling hours that come with operating a restaurant business," Levine said after her announcement. "I'm very sad to close the Carnegie Deli, but I've reached the time of my life when I need to take a step back."

Locations inside The Mirage casino in Las Vegas, the Sands Casino in Bethlehem, Pennsylvania, and sports arenas will remain open.

Levine plans to continue licensing the deli's brand and sell its products for wholesale distribution, her spokeswoman told the New York Post.

BRIEF

Police question man in connection with deaths of New York teacher, 4-year-old son

A man is being questioned by police in connection with the deaths of a former Bronx teacher and her 4-year-old son, who were found dead in their Harlem apartment the day after Christmas.

Isaac Duran, 22, turned himself in on Tuesday in connection with the death of Felicia Barahona, 36, and her son Miguel, according to reports.

Miguel is thought to be the child Barahona had with Duran, a student of DeWitt Clinton High School. She and the student began their relationship on his 18th birthday in late 2011, according to a report released about their affair in 2013.

The relationship ended in early 2012, and Barahona had a baby boy in August 2012, after which she was fired from the school, the New York Daily News reported.

Barahona, 36, was found unresponsive on her living room floor around 8:15 a.m. on Monday in her apartment on West 153rd Street near Broadway, according to the police report. She had an electrical cord around her neck, sources told the New York Daily News.

Miguel was found drowned in the bathtub.

Police responded to the scene after a resident informed the building's superintendent of a foul odor coming from Barahona's apartment. Barahona was last seen by the super on Wednesday.

Barahona's family said she was in the midst of a custody battle with Duran, who lives in Pennsylvania, ABC7 reported. Duran cancelled a scheduled visit with Miguel over the weekend.

A medical examiner is conducting autopsies on Barahona and her son to determine the cause of death and the investigation is ongoing. No charges have been filed, ABC7 reported.

NIKKI M. MASCALI AND KIMBERLY M. AQUILINA

3 dead, 4 injured in multi-vehicle wreck on Cross Bronx Expressway

Three people were killed early Tuesday morning when two tractor-trailers, a car and a pickup truck collided on the Cross Bronx Expressway, officials said.

The accident occurred around 5:45 a.m. on the highway's eastbound side near Webster Avenue in the Bronx.

Three men traveling in the pickup truck died at the scene. Investigators haven't disclosed the names of the men.

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PHOTOGRAPH BY JEFF LIAO, COURTESY OF THE BRONX MUSEUM

Housing lottery opens for South Bronx apartments

The apartments are spread across six different addresses.

6sqft

Starting tomorrow, qualifying New Yorkers can apply for 59 newly renovated, affordable apartments throughout the South Bronx. Spread across six addresses (1171 Clay Ave., 1183 Clay Ave., 1202 Clay Ave., 384 Grand Concourse, 1129 Morrison Ave. and 1038 Rogers Place), the units are all nearby in the Grand Concourse, Soundview, Foxhurst and Mott Haven neighborhoods. The availabilities are for those earning 100, 60 and 50 percent less than the area media income, ranging from $822 a month studios to $1,875 a month three-bedrooms.

Qualifying New Yorkers can apply for the affordable units starting tomorrow until Feb. 27, 2017. Residents of Bronx Community Boards 1, 2 and 4 will be given preference for 50 percent of the units. Complete details on how to apply are available at the 6sqft.com website. Questions regarding this offer must be referred to NYC's Housing Connect department by dialing 311.

Use 6sqft's map on their website to find even more ongoing housing lotteries.

If you don't qualify for the housing lotteries mentioned, visit CityRealty.com's no-fee rentals page for other apartment deals in the city.

Do you qualify?

The availabilities are for those earning **100, 60 and 50 percent less than the area media income, ranging from $822 a month studios to $1,875 a month three-bedrooms.**

Rockette: Boycott of Trump inauguration performance 'issue of racism and sexism'

Three days before Christmas, the Radio City Rockettes learned they were booked to perform at Donald Trump's inauguration. After much public outcry, management said the gig would be voluntary, but one Rockette said she is still afraid of possible repercussions.

"It will be interesting to see who doesn't get their job back," the anonymous woman, called Mary in an exclusive interview with Marie Claire, said, "but do you really want to work for a company that supports this? I just don't know. It's become a moral issue at this point."

Mary called the lack of diversity in the kick line during a regular performance "embarrassing," and added the no women of color — to her knowledge — signed up to perform on Jan. 20.

A Rockette prepares for a performance of "The Christmas Spectacular" at Radio City Music Hall. GETTY IMAGES

"It's almost worse to have 18 pretty white girls behind this man who supports so many hate groups," she told Marie Claire. "They're going to be branded in history as one of those women. How's it going to look?"

Trump's run for president had been pockmarked by scandals including allegations that the business mogul sexually assaulted women. Since the election, Trump has staffed his cabinet with choices many call questionable, including incoming Chief Strategist Steve Bannon, whom some have labeled a white supremacist.

Another dancer wrote an email to her co-workers that said, "I wouldn't feel comfortable standing near a man like that in our costumes."

KIMBERLY M. AQUILINA

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BRIEF

Metro-North engineer in 2013 Bronx crash to get lifetime pension

The engineer who fell asleep at the controls of a speeding train that crashed and killed four passengers has been awarded lifetime disability pension.

Prosecutors had declined to prosecute William Rockefeller, 49, who reportedly suffers from sleep apnea that caused him to fall asleep while driving the Metro-North train that derailed in the Bronx on Dec. 1, 2013, killing four and injuring dozens.

Rockefeller will receive $3,200 a month for life from Metro-North Commuter Railroad Co., several news media reported, which is in addition to his federal railroad retirement pension of an undisclosed amount.

Rockefeller's Manhattan-bound train was going 82 mph in a 30-mph zone near Spuyten Duyvil along the edge of the Hudson River when it crashed.

He now suffers from post-traumatic stress disorder from the incident, rendering him unable to work, his railroad union stated in September.

"It feels like I want to climb out of my skin," Rockefeller told ABC7. "It's horrifying to me. It's horrifying to me. I just wish it never happened. I'm sorry for it happening. I'm sorry for ev... I just see the faces. I can't stop seeing the faces. I'm just haunted by those faces."

The ruling on Rockefeller's pension came after an appeal to the Pension Disability Medical Review Board of the MTA.

"The Pension Disability Medical Review Board reviewed the appeal and determined that Mr. Rockefeller is disabled from performing his function as an engineer and he is eligible now to receive his pension," ABC News reported the MTA saying.

Rockefeller has filed a $10 million lawsuit against Metro-North, claiming the railroad was to blame for the accident.

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Lyft highlights most popular drop-off locations in 2016 for NYC

The Lyftie Awards tally the winners from 24 cities nationwide.

NIKKI M. MASCALI
@MetroNewYork
nikki.mascali@metro.us

You've seen plenty of people hop into Lyft cars, but did you ever wonder just where everyone is going?

Wonder no more, because the ride-hailing service has released the winners of its second annual Lyftie Awards, a tally of the company's most popular drop-off sites in 24 cities across the country.

The top destination across the board was the Los Angeles International Airport. "Airport rides have more than doubled over the past year, and by the end of 2016, Lyft will be permitted to operate at 96 airports across the country," Woody Hartman, vice president of U.S. operations, told Metro.

Hotels drop-offs also saw a surge this year, which "tells us that Lyft passengers are not only using our service to explore local hot spots, they are using it when they travel," Hartman said.

In addition to highlighting the most-visited bars, restaurants, transit stops, venues and trendy destinations, Lyft also tracked a metric called "Only In."

"The 'Only In' category is a way to celebrate a uniquely local hot spot that is special to those who live in the community — as evidenced by the number of drop offs," Hartman explained. "Every city has a locals-only hot spot, and Lyft wants to give these hometown haunts the recognition they deserve."

NEW YORK

Most-visited Restaurant:
Roberta's

A highly Instagrammable wood-fired pizza joint in Brooklyn is a destination for foodies, tourists and New Yorkers alike.

Most-visited Bar:
Freehold

This Brooklyn gastropub boasts city views, an outdoor pingpong table in the summer and space to dance.

Most-visited Transit Stop:
Penn Station

New Yorkers catch the subway and Amtrak, Long Island Railroad, New Jersey Transit and PATH trains at this Midtown hub.

Most-visited Event Space:
Barclays Center

The home of Brooklyn Nets and the New York Islanders also hosts a variety of events.

Only In:
Chelsea Market

This food hall meets shopping mall takes up an entire city block.

Trending Destination:
The Standard High Line

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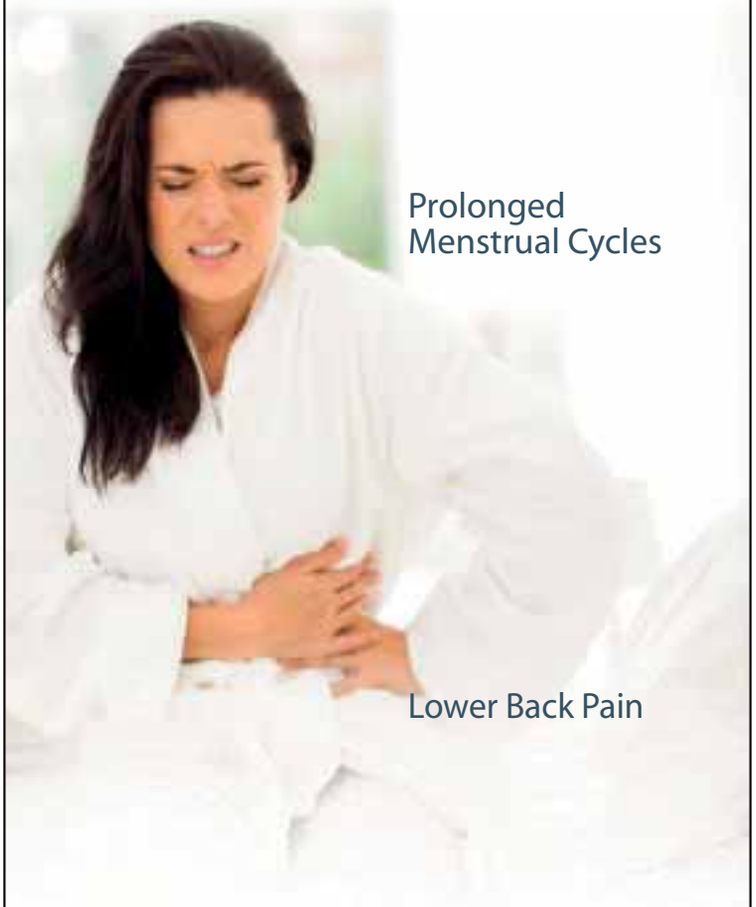

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Obama says he would have outrun Trump, but Trump tweets 'No way!'

Trump will assume his first public office when he succeeds Obama on Jan. 20. He defeated Democrat Hillary Clinton on Nov. 8 with a promise to clean up Washington.

President Barack Obama shakes hands as he meets with Republican President-elect Donald Trump on transition planning in the Oval Office at the White House on Nov. 10, 2016. GETTY IMAGES

President Barack Obama said in an interview broadcast on Monday that he would have won most Americans' support if he had been able to run against Donald Trump for a third term.

"No way!" Trump countered in a tweet, citing as liabilities U.S. companies taking jobs overseas, the fight against Islamic State militants and Obama's signature health-care law.

Barred by the Constitution from seeking a third four-year term, the president told his former adviser David Axelrod in a podcast that Americans would have backed Obama's vision.

"I'm confident that if I had run again and articulated it, I think I could've mobilized a majority of the American people to rally behind it," Obama said, referring to his 2008 campaign message of hope and change.

In a tweet, Clinton spokesman Brian Fallon said Obama would have beaten Trump and Clinton would have won if not for an FBI statement shortly before the election disclosing new material on Clinton's email practices as secretary of state.

> ***"I'm confident that if I had run again and articulated it, I think I could've mobilized a majority of the American people to rally behind it."***
> Obama

Clinton's aides have said FBI Director James Comey's announcement, which led to no charges, swung the election, a charge Trump's team has dismissed.

Obama said Clinton "performed wonderfully under really tough circumstances." He said she focused on Trump's flaws and could have argued more that the Democratic Party agenda helped working people.

Trump garnered more than 270 of the 538 state-by-state electoral votes to win the presidency. Clinton won 48.2 percent of the popular vote compared with 46.1 percent for Trump, according to the Associated Press. REUTERS

Could President Obama have won a third term, if the Constitution allowed it, and defeated Donald Trump? Cast your vote in Metro's poll at **metro.us/third-term**

BRIEF

Trump taps ex-Bush official Bossert for counterterrorism post
President-elect Donald Trump filled another post in his national security team on Tuesday, selecting former Bush administration official Thomas Bossert as the chief counterterrorism adviser in the White House

Bossert is slated to focus on domestic security issues, while Trump's pick for national security adviser, retired Lt. Gen. Michael Flynn, will handle international security matters, according to a statement.

Trump's transition team said his administration would "elevate" Bossert's role as assistant to the president for homeland security and counterterrorism back to its "independent status" alongside Flynn. But, the statement offered few details on what that would mean in practice.

Bossert served as deputy homeland security adviser under George W. Bush. REUTERS

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George Michael's partner expresses sadness at finding musician dead

George Michael's partner has spoken of his sadness at discovering the 53-year-old musician, a multimillion selling idol of 1980s and 1990s pop, dead at his Oxfordshire home on Christmas morning.

British police said the death of Michael, who had a turbulent private life and problems with drugs, was "unexplained but not suspicious." His manager, Michael Lippman, said the singer had died of heart failure, according to the BBC.

"It's a Xmas I will never forget finding your partner dead peacefully in bed first thing in the morning," Fadi Fawas, 43, said in a tweet posted late on Monday. "I will never stop missing you xxx."

Michael's fans continued to pay tribute at his homes in north London and at the riverside mansion where he died, leaving flowers, cards and candles. Musicians such as Madonna, Paul McCartney and Elton John praised his talent and warm sense of humor.

With pinup good looks and soulful voice, Michael burst onto the pop scene in the 1980s as one half of Wham!, one of the most successful pop duos ever.

Singles like "Wake Me Up Before You Go-Go" and "Careless Whisper" were hits with Wham! before he reinvented himself as a solo artist with sexually daring and heartfelt lyrics in multimillion-selling albums like "Faith" and "Listen Without Prejudice."

REUTERS

Flowers, candles and messages left by well-wishers and fans in tribute are seen outside the home of late British singer George Michael in north London on Dec. 27, 2016, two days after the singer died on Christmas Day. GETTY IMAGES

"I will never stop missing you xxx."

Fadi Fawas said in a tweet

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Why Aren't Doctors Telling About These Two Often

Two Advanced Medical Treatments Every Knee Arthritis Sufferer

By *NY Pain MD*

***NY Pain MD* is a medical clinic with locations in Midtown NYC and Uptown NYC that has treated thousands of knee arthritis and joint pain patients.**

Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.

If you suffer with knee or other join arthritis pain, you have probably already tried many treatments ... especially countless pain medications. Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer over the longer term.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are There Any Better Options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

Two options that a lot of knee arthritis sufferers have never heard of.

Before we get into the two treatments, please understand this...

NY Pain MD is a well established medical clinic that has treated thousands of knee arthritis sufferers and joint and back pain sufferers. Patients travel from all over the area and even several states away from NYC to be treated at one of their clinics because they want the best medical treatments available. What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or non-medical treatments promoted on the internet.

Know this fact: There is no cure for arthritis. But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

#1 Viscosupplementation

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into that,here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubrication fluids in your knees.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid." pharmaceutical companies (with the help of doctors) can now make ***natural*** synovial fluid gel-like compounds that, during viscosupplementation treatments. Doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the procedure is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at ***NY Pain MD*** use Precision Arthritis Targeting Technology so they can actually see the lubricant going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without this technology can miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this imaging technology without good results - this may be why.

That's why ***NY Pain MD*** takes it even one step further. They do not just use one step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different "brands" and chemical make-ups. Just like all medications, some people respond better to one than another. So, the experts at ***NY Pain MD*** use several and great effort is taken to figure out what is the best one for YOU.

One last thing: The experts at ***NY Pain MD*** have found that earlier you start Viscosupplementation the better.

This is most likely because the longer you wait - the more joint destruction takes place.

That's why ***NY Pain MD*** is now seeing so many patients as young as 35 to 40.

Summary: If you have knee arthritis pain and have not tried. Viscosupplementation you should look into it as soon as possible.

If you have tried it without good results. you may still be able to get great results with the proper imaging and specific medication.

What Should You Do If Viscosupplementation Fails?

When conservative treatment, including viscosupplementation fails ... most knee arthritis sufferers believe their only option is total knee replacement surgery.

This is not true...and here is why

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

#2: Radiofrequency Treatment

This treatment is technically called, "Radiofrequency Neurotomy." Or RF for short.

RF is a procedure that is based the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

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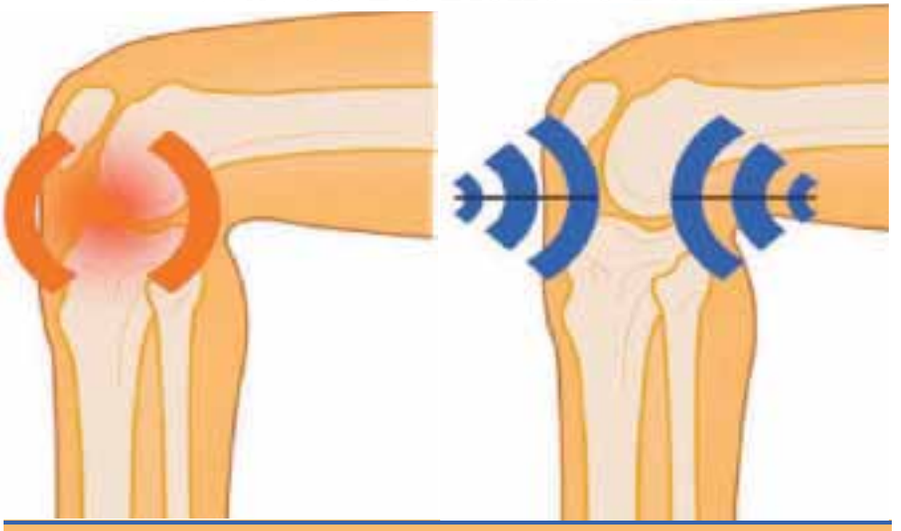
Knee Arthritis Sufferers Successful Treatments?

Needs To Know - Before Or After Knee Replacement Surgery

Advanced Treatment Uses Medical Radio Frequencies Waves To Relieve Pain



Science rescues knee arthritis sufferers?: **Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many. Many patients still in pain after a knee replacement may respond very well to these treatments allowing the possibility of avoiding additional surgery.**

Several branches of nerves that surround the knee are known as "genicular nerves."

Radiofrequency waves are delivered to the genicular nerves under advanced imaging to "block" the nerve from transmitting pain signals.

There are two distinct parts to this treatment. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, then one to two weeks later, Radio Frequency waves are applied for term relief.

Is It Safe?

Research has shown this to provided significant relief for some patients. to procedure to be safe and effective.

One study published November 4, 2010 in the journal Pain found that RF treated subjects on average "achieved at least 50% knee pain relief at 1,4 and 12 weeks, respectively. No patient reported a post procedure adverse event during the follow-up period.

Some studies indiciate some patients may get years of relief in some cases. "RF neurotomy (radio frequency treatment) of genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee osteoarthritis pain, and thus may be an effective treatment in such cases."

It should also be mentioned that, like all procedures, results will vary patient to patient

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and give you relief.

What To Do Next If You Are In Pain

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

Several experts work as a team to offer you the best treatment options at the appropriate time to maximize results. It is also very convenient to have all your doctors and treatments in one place. Traveling to different offices can be time consuming and even more expensive.

NY Pain MD believes this "X" factor is one of the reasons so many knee arthritis sufferers travel from all over to be treated at their advanced medical clinics.

NY Pain MD offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their ques-tions answered and see if they are a candidate for one of the cutting-edge treatments offered at ***NY Pain MD***

If you would like a complimentary screening, just call 855-456-PAIN [7246] and tell the scheduling coordinator "I would like a complimentary knee arthritis screening." The screenings fill up fast every month. If you do not call in time to get one this month, the scheduling coordiantators will get you appointed for next month

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Holiday weekend provides no respite from Chicago's violence

Chicago's holiday weekend was marred by bouts of gunfire and a dozen killings, continuing a yearlong surge in violence in the third largest U.S. city that has pushed the number of murders to a nearly two-decade high.

Police blamed gang conflicts for much of the violence.

From Dec. 23-26, there were 44 shooting incidents in the city of 2.7 million and 12 people were killed, according to the Chicago Police Department. The number of murders in Chicago stands at 754 for the year.

The murder rate is the highest since 1997, when 761 people were killed.

"These were deliberate and planned shootings by one gang against another," Police Superintendent Eddie Johnson said at news conference on Monday. "They were targeted knowing fully well that individuals would be at the homes of family and friends celebrating the holiday."

Chicago Police Superintendent Eddie Johnson GETTY IMAGES

Ninety-percent of those fatally wounded during the weekend had gang affiliation, criminal history and were pre-identified by technology used by the police department to recognize people who might be involved in gun violence, Johnson said.

Johnson, who was appointed as the city's top police officer in March, has railed this year against the light sentences handed down to repeat gun offenders, saying they have emboldened shooters who do not fear the repercussions.

At an event for business and civic leaders earlier this month, Johnson said gang members believe the judicial system in Cook County, which includes Chicago, is a joke.

Johnson also has spoken out against what he has described as a national narrative that portrays police officers in a negative manner. REUTERS

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Toshiba flags hit of 'billions of dollars' on US nuclear acquisition

Such a hit would be another slap in the face for a sprawling conglomerate hoping to recover from a $1.3B accounting scandal as well as a writedown of more than $2B for its nuclear business in the last financial year.

Toshiba Corp. said it may have to book several billion dollars in charges related to a U.S. nuclear power acquisition, a shock warning that sent its stock tumbling 12 percent and rekindled concerns about its accounting acumen.

The Japanese group said cost overruns at U.S. power projects handled by a nuclear construction business newly acquired from Chicago Bridge & Iron would be much greater than initially expected, potentially requiring a huge write-down.

"This will come as an additional shock to Toshiba's institutional investors that may further undermine confidence in company management as well as significantly weakening its international nuclear credentials," said Tom O'Sullivan, founder of energy consultancy Mathyos Japan.

O'Sullivan noted the acquisition in December 2015 coincided with the finalizing of a record fine by Japanese regulators for accounting irregularities at Toshiba, indicating that corporate governance controls were extremely weak.

Toshiba Chief Executive Satoshi Tsunakawa, who only took the helm in June after his predecessor embarked on a series of restructuring steps to clean up Toshiba's books, said the conglomerate would look at some kind of strategy to boost capital.

As of end-September, Toshiba had shareholders' equity of 363 billion yen, or just 7.5 percent of assets, which could fall close to zero if the company is forced to log significant losses.

Toshiba Chief Executive Satoshi Tsunakawa GETTY IMAGES

> *"We would have needed to boost our capital base anyway because our shareholders' equity ratio is low."* Tsunakawa

Asked if Toshiba's liabilities would exceed its assets, Chief Financial Officer Masayoshi Hirata said the company had not yet completed its estimation of the charge.

It would finalize that by mid-February, he said, adding that the conglomerate would explain the situation to its main banks and seek their support. Toshiba's main lenders are Sumitomo Mitsui Financial Group Inc. and Mizuho Financial Group

Toshiba has positioned its nuclear and semiconductors businesses as key pillars of growth while seeking to scale down less profitable consumer electronics units such as personal computers and TVs.

But Toshiba could revise the positioning of its nuclear business if need be, said Tsunakawa, who has been credited with having shaped a medical equipment unit into a major earnings driver. The unit was sold to Canon Inc. this year. REUTERS

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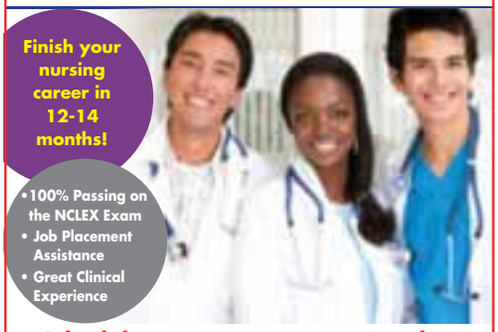

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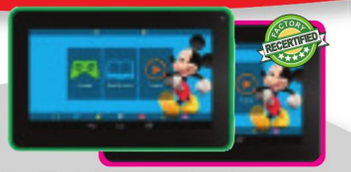

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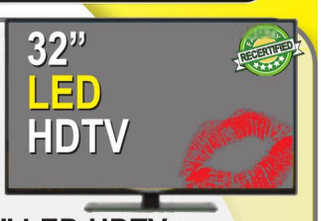

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Panasonic to invest over $256M in Tesla's US plant for solar cells

Panasonic Corp. will invest more than $256 million in a New York production facility of Elon Musk's Tesla Motors to make photovoltaic cells and modules, deepening a partnership of the two companies.

Tesla's shares were up 3.5 percent at $220.75 in early trading on Tuesday.

Japan's Panasonic, which has been retreating from low-margin consumer electronics to focus more on automotive components and other businesses targeting corporate clients, will make the investment in Tesla's factory in Buffalo, New York.

The U.S. electric car maker is making a long-term purchase commitment from Panasonic as part of the deal, besides providing factory buildings and infrastructure.

In a statement on Tuesday, the two companies said they plan to start production of PV modules in the summer of 2017 and increase to one gigawatt of module production by 2019.

The plan is part of the solar partnership that the two companies first announced in October, but which did not disclose investment details.

Tesla is working exclusively with longtime partner Panasonic to supply batteries for its upcoming Model 3, the company's first mass-market car. Panasonic is also the exclusive supplier of batteries to Tesla's Model S and Model X.

REUTERS

Tesla vehicles plugged in and charging at a Supercharger rapid battery charging station for the electric vehicle company Tesla Motors, in the Silicon Valley town of Mountain View, California. GETTY IMAGES

BRIEF

US regulators open investigation on 2009-11 Ford Fusion

U.S. safety regulators are investigating Ford Motor Co.'s Fusion and Mercury Milan sedans from the 2009 to 2011 model years for brakes that may fail in certain conditions, the National Highway Traffic Safety Administration said on Tuesday.

There have been three reported crashes related to this issue, but no injuries, NHTSA and Ford officials said.

The probe was opened on Dec. 20 and involves one of Ford's most popular models, the Fusion. The Milan is no longer produced.

The probe can lead to a safety recall but is short of one at this point.

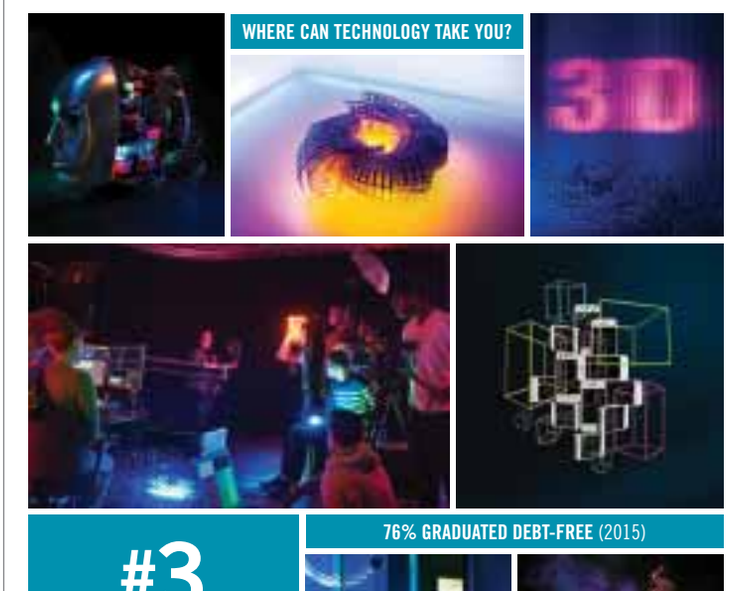
A report on the NHTSA website showed that when the sedans go over rough or uneven surfaces, such as a manhole cover, or on slippery roads, the anti-lock braking system may not work properly. This can increase the distance required to stop the cars, heightening the chance of a crash.

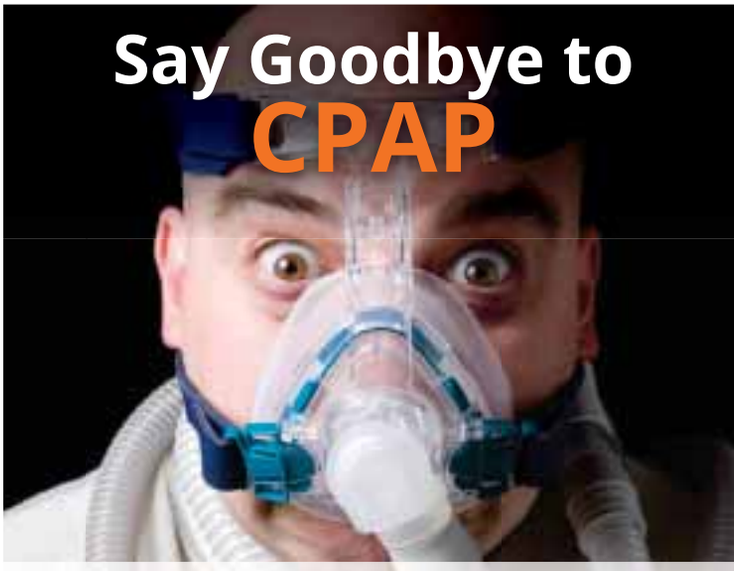
NHTSA said that in some cases, consumers complained that the brake pedal "goes soft" and often is reported as "going to the floor." Also, drivers have said their cars have ended up in the flow of traffic when the vehicles did not stop as expected, such as at traffic signals.

Ford said it is cooperating with federal safety officials in the investigation.

The Fusion and Milan from these model years have been involved in several past recalls. The 2006-2011 Fusion and Milan sedans are among the 1.9 million Ford models affected by an ongoing massive Takata Corp. air bag recall that includes more than a dozen automakers.

In addition, 2010 and 2011 Fusion and Milan models were recalled for fuel tanks that may crack. REUTERS

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The buzziest pop culture moments of 2016

SESALI BOWEN

Sour twist of "Lemonade"

Queen Bey's album "Lemonade" told a story of infidelity some thought to be Bey and husband Jay Z. The social-media hunt for "Becky with the good hair" (the mistress) forced more than one celeb to defend herself — from Rachel Roy to (a very mistaken) Rachael Ray.

Celebs and mental health

Many stars opened up about personal demons. Zayn Malik wrote of an eating disorder. Lady Gaga revealed she has PTSD. And Selena Gomez and Kid Cudi were both treated for depression and anxiety.

Kim Kardashian's Paris robbery

The events of Oct. 2 are going to go down in history as one of the most significant incidents in pop culture. Kim Kardashian was in her hotel room during Paris Fashion Week when several men armed with guns entered her private suite, tied her up and stole nearly $10 million in jewelry.

The mannequin challenge

Rae Sremmurd finally got the props they deserved when the #mannequinchallenge froze the internet. Everyone from Hillary Clinton, Bon Jovi and her campaign team to Blac Chyna and Rob in the delivery room was striking a pose and holding it to the hip-hop duo's hit "Black Beatles."

Michael Strahan's Strexit

In April, Michael Strahan announced he would be leaving "Live With Kelly and Michael" to join the team at "Good Morning America." Turns out co-host Kelly Ripa found out at the same time we did — and she didn't take that well. Ripa didn't show up to work for a week following the news. And when she returned the following Tuesday, it was pretty awkward. Strahan has since transitioned to his new TV home, and Kelly still doesn't have a new co-host. You don't need him, girl!

Brangelina's divorce

Celebs get married and divorced all the time. No big deal. But those celeb aren't always Brad Pitt and Angelina Jolie, the power couple who seemed indestructible. But alas, after nearly a decade as domestic partners, they couldn't make marriage work for a full two years. And to top it off, the ongoing divorce is messy. Angie accused Brad of child abuse, he was forced to submit to drug testing and now they're ironing out the details of a nasty custody war.

Keeping up with Blac Chyna

Blac Chyna became a phoenix rising from the ashes when she hooked up with Kylie Jenner's older brother this year. The couple got engaged in April, and welcomed a baby girl, Dream Kardashian, in November. And now they're trying to find a resolution after a huge (and very public) fight turned physical, spilling onto social media. Good luck, you krazy kids.

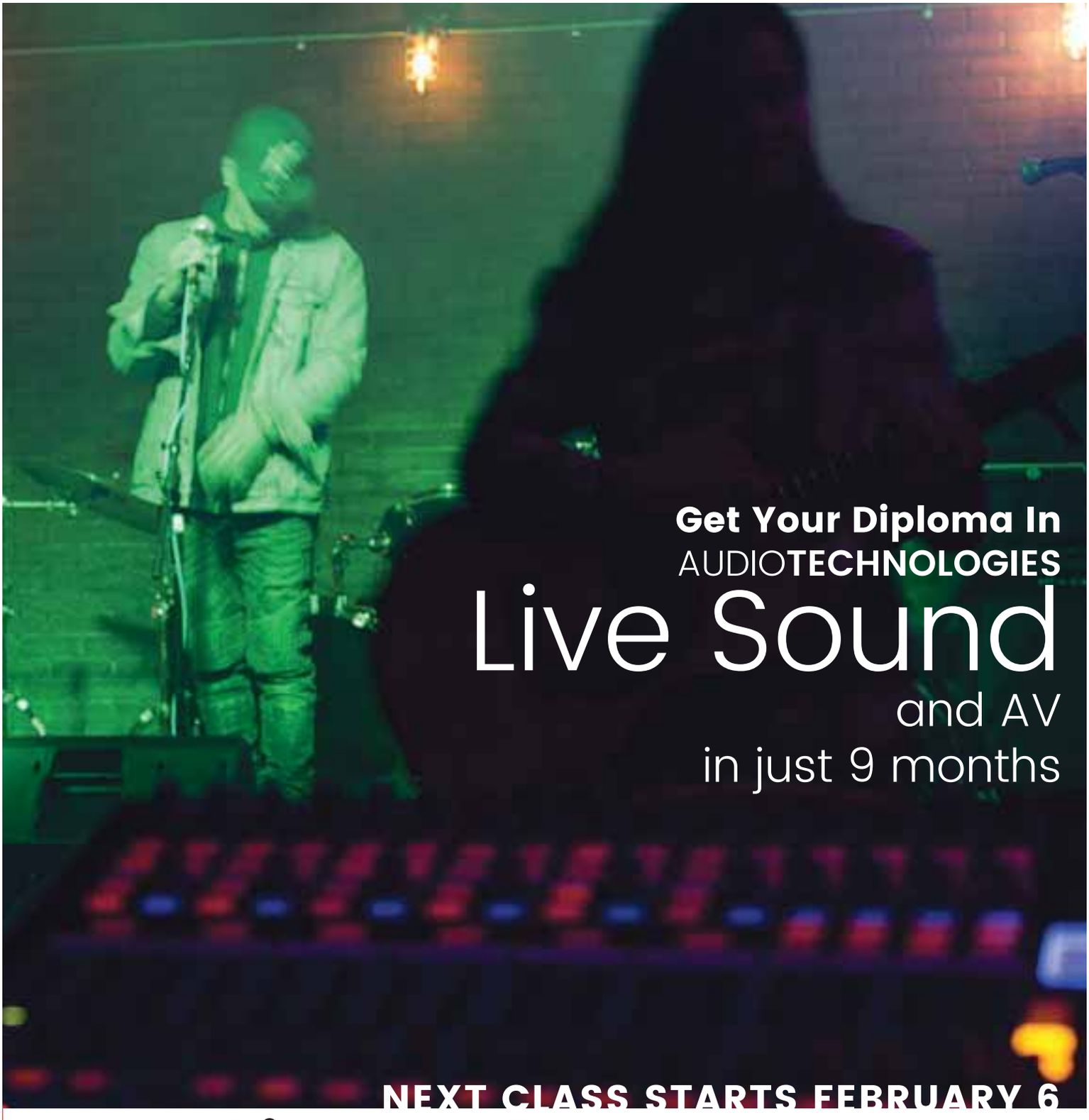
ALL PHOTOS GETTY UNLESS STATED OTHERWISE

The ups and downs of Kanye West

Yeezy had a rough year. During his Yeezy Season 4 fashion show in September, models fainted in the heat. His wife was robbed a month later. He ended up on Trump's side in the election, even though he didn't vote. And then he suffered a breakdown and was hospitalized. His tour was canceled. But West's misfortune sparked another much-needed conversation about mental health in pop culture.

Celebrity deaths

The deaths of boxing legend Muhammad Ali and artists David Bowie and Prince shook the world. Hip-hop heads mourned Tribe Called Quest's Phife Dawg and D4L's Shawty Lo. Alan Thicke and pro-wrestler Chyna also left us. These were really the salt in the bizarre wound that is 2016. Jan. 1 can't come soon enough.



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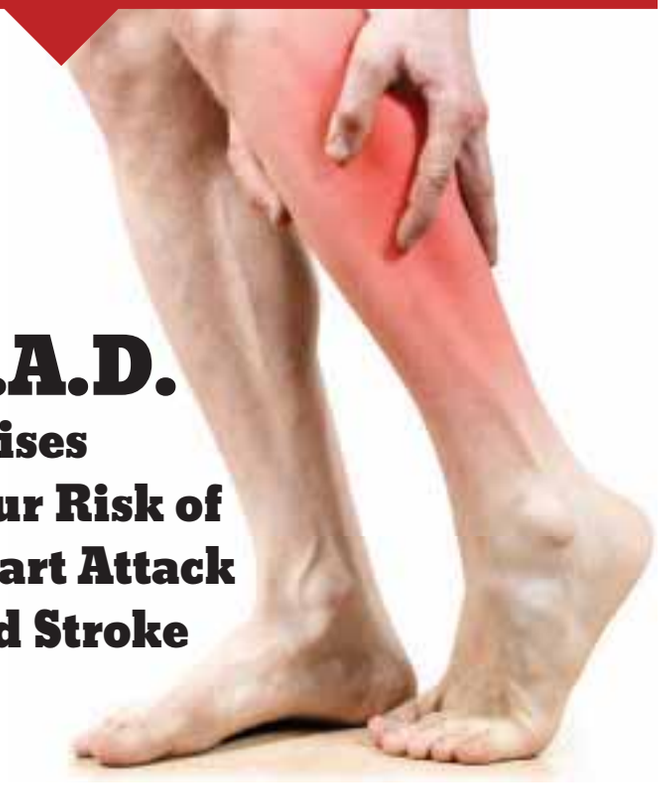

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Music's most defining moments of 2016

RACHEL RACZKA

LEMONADE

Is there anyone who exemplifies a force of nature quite like Beyonce? (No, the answer is no.) This album spawned a million think pieces (on race, on women, on music, on marriage, on film, on pop culture, on the inexplicable streaming nonsense that is Tidal), bent genre/award show norms and probably really ruined Rachel Roy's year. "Lemonade," from an album standpoint, is Beyonce's most musically advanced and personal album to date, but the thematic masterpiece also, more importantly, challenged industry standards for how music is promoted and presented.

Sorrow and silver linings

This year the industry sadly lost several musical titans — Bowie! Cohen! Prince! — leaving us with no shortage of tributes, covers and think pieces. While nothing can quite make up for the creative void, we gained a year of reliving happy memories and old classics. Among some of the best tributes: Sinéad O'Connor's "Life on Mars," Bruce Springsteen's "Purple Rain" and Kate McKinnon as Hillary Clinton's "Hallelujah."

No thanks, North Carolina

The HB2 "Bathroom" Bill that restricted transgender people to use facilities that matched their birth certificates had a trickle-down effect to touring artists who opted out of tour dates in North Carolina. Bruce Springsteen, Maroon 5, Pearl Jam, Demi Lovato and Nick Jonas and Ringo Starr were among the acts that took a stand against the discriminatory act, canceling tour dates and staging protests. A good reminder that an artist's voice isn't just used to sing with.

Mr. Nice Guy wins the top 40

Let's hear it for the nice guys. Walking the road paved by boy band One Direction, Drake, Shawn Mendes, Justin Bieber, Troye Sivan and Charlie Puth dominated the 2016 pop charts, cooing their "we're not worthy"-ness to legions of female fans. Leaving us to believe that Generation Selfie isn't so self-centered after all.

ALL PHOTOS GETTY IMAGES

The life and fall of Pablo

Kanye West never had to prove that he was a top-notch entertainer. There was evidence of his greatness as far back as his catalog goes. However, "Pablo" was more than an album— it was his opus. There was the fashion, the flying stage, the "Famous" video — followed the tour cancellation, the hospitalization, the visit to Trump Tower. West, himself, was as mesmerizing as any visual album.

Your required listening for 2016

"BROCCOLI" — D.R.A.M. ft. Lil Yachty
"When We Were Young" — Adele
"Black Beatles" — Rae Sremmurd ft. Gucci Mane
"Intern" — Angel Olsen
"Daddy Lessons" — Beyonce
"Famous" — Kanye West
"We Don't Talk Anymore" — Charlie Puth ft. Selena Gomez
"Love on the Brain" — Rihanna
"Fake Love" — Drake
"Cranes in the Sky"— Solange
"Redbone" — Childish Gambino
"No Problem" — Chance the Rapper ft. 2 Chainz & Lil Wayne
"Million Reasons" — Lady Gaga
"Three Packs a Day" — Courtney Barnett
"80s Mercedes" — Maren Morris
"Your Best American Girl" — Mitski

The top films of 2016 5

This wasn't a good year. But it was a good year for movies. Blockbusters weren't too hot, and many of them failed miserably. But if you did some digging, especially around the art house, you could find some diamonds in the rough. Here are five worth searching out.

MATT PRIGGE

5 "Paterson"

Talk about good timing: Jim Jarmusch's typically chill look at a week in the life of a poet/bus driver (Adam Driver) is the soothing antidote we need to the horrors of the real world. Not that we want to make it sound topical. Nothing much happens to Driver's Paterson, and every day is basically the same. But that's not depressing; it's beautiful. Best mutt of the year, too.

4 "Elle"

Isabelle Huppert and director Paul Verhoeven were the year's best couple. It was only a matter of time before the bad boy of "Basic Instinct" teamed up with France's iciest ice queen. And when they did, wouldn't you know they'd make a rude, darkly comic yet insightful look at a woman who's been sexually assaulted? It looks for all the world like a tasteful French character study, yet it's the most messed up film Verhoeven's ever made.

3 "Everybody Wants Some!!"

Like "Paterson," Richard Linklater's "spiritual sequel" to "Dazed and Confused" — a hangout movie among collegiate dudes in 1980 Austin — is pure escapism. Who knew to the cure to the world's annoyances were collegiate baseball bros? That's the Linklater touch: No one loves people more than he does, and it always shows.

2 "Manchester by the Sea"

The movie we laughed at the most this year is, as it happens, also the year's saddest movie. A brutally honest look at the grieving process was also a study of Massholes at their most hilariously Massholiest. As Casey Affleck's sadsack struggles with the headaches, major and minor, of his brother's death, he also trades barbs with anyone and everyone. We laugh, as they say, so as not to cry, especially during a midfilm maelstrom of tears when we finally learn the tragic episode tucked deep in our punchy protagonist's past.

1 "Toni Erdmann"

OK, so it has almost the same plot as the Adam Sandler outing "That's My Boy." And OK, it doesn't sound like a movie for the masses, being a comedy from Germany that runs nearly three hours. And yet Maren Ade's shaggy dog epic about a workaholic (Sandra Huller) whose life is upended by her goofy, fake-teeth-wearing father (Peter Simonischek) boasts more than at least three of year's funniest set pieces. You'll laugh and cry, but laugh most of all.

See the rest of our picks on **metro.us**

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Best TV moments of 2016

Spoiler alert: "Game of Thrones" isn't on here.

JENNIFER LOGUE

It has been a fiercely competitive year in television. With newer streaming platforms competing alongside network titans, the quest for viewership is a wild frontier, and TV fans are reaping the benefits of boundary-pushing programming. We rounded up some of the most memorable moments from the past year, which include out-of-the-box ways to pass a drug test, going for Olympic gold and the evergreen feel-good power of "Love Actually."

"Search Party" is a surprise hit

If you love eccentric characters, New York City and mystery, the new TBS show "Search Party" is next on your binge-watch list. In it, Dory (Alia Shawkat) is on a mission to find a college acquaintance who's gone missing, and along the way, discovers more about herself and encounters some pretty quirky characters. All of Season 1 is available for streaming and after only being released Nov. 21, it's already been renewed for a second season. Don't be the last of your friends to the party.

Sheriff Jim Hopper investigates in "Stranger Things." CURTIS BAKER/NETFLIX

Will's body is a dummy ("Stranger Things")

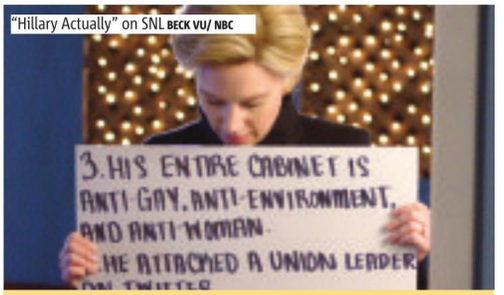
In one of the most eerie scenes on the hit Netflix show, "Stranger Things" Hopper breaks into the morgue to see if Will's body is the real deal. Dread and anticipation mix as his pocket knife cuts open the boy's body to reveal it is actually a dummy. Given that autopsies aren't typically performed on television, this is as "gut-wrenching" as it gets.

Olympics: Simone Biles' floor routine

Simone Biles dazzled the world with her iconic floor routine at the 2016 Summer Olympic games. Set to Brazilian sounds, her enthusiasm, energy and superhuman skill (did you see her double-twisting-double-back move?) earned her four gold medals and set a new record for women's gymnastics.

The drug test on "Atlanta"

In this episode of "Atlanta" — Donald Glover's critically acclaimed FX show — Van does her best to stay on the straight and narrow, but, of course, she gets high the night before her drug test at work. Running out of options, she gets her daughter's dirty diapers, extracts the urine from them and straps the pee to her leg in an empty condom. Does her creative scheme win her this pissing contest? We won't give away any more details here, but this episode gets even nastier.



"Hillary Actually" on SNL BECK VU/ NBC

"Hillary Actually" on "SNL"

The 2003 film "Love Actually" is required seasonal viewing for many, so the timing of the "SNL" spoof —just ahead of the holidays and the Electoral College vote—couldn't have been more perfect. A still-hopeful Hillary attempts to sway an elector with cue cards, imitating the scene in which Keira Knightley's character is silently wooed by an admirer. Trump is still president-elect, but hey, at least we have sketch comedy gems like this to get us through the next four years.

RuPaul wins an Emmy

RuPaul Charles got nominated for an Emmy for the first time in his career as host of the show "RuPaul's Drag Race." Competing alongside other hosting heavy-hitters like Ryan Seacrest and Tim Gunn at the Emmy's this year, the drag supermodel didn't expect to win — but he did, inspiring people around the world who "dance to the beat of a different drummer."

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10 Most memorable New York sports moments of 2016

Out with the old and in with the new.

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Bucking recent trends, the Mets have been the city's most accomplished Big 4 sports franchise in recent seasons. AL PHOTOS GETTY IMAGES

The calendar is about to turn toward 2017, and new resolutions abound. And when it comes to the sports world, it's no different, as many of New York's sports teams and players could use the turn of a new page.

None of New York's teams were able to bring the city a major sports championship during this calendar year, but there's still hope on the horizon in 2017 with the Knicks and Giants heading toward the playoffs. 2017 can be very promising and exciting, even for the bad teams — particularly for teams like the Brooklyn Nets, who finally appear to have direction and have eschewed the quick-fix route; the Yankees' aptly-named Baby Bombers; the Jets getting a high draft pick, preferably a franchise quarterback; and a hopefully healthy Mets rotation. At the very least, though, the New York sports scene didn't lack in interesting headlines, and will work hard in providing promise going forward:

1 Farewell, Coach

Legendary Giants head coach Tom Coughlin either retired or was quietly and respectfully ousted by management following the team's third-straight losing season. Two rings be damned, as Coughlin was shown the door on Jan. 4, and held his "retirement" news conference the following day. The move left a usually stoic Eli Manning shaken and the Giants dealing with rare uncertainty. But in stepped offensive coordinator Ben McAdoo, who has aptly steered Big Blue to an impressive 10-5 mark to date.

2 Hall of a guy

Mets legendary catcher Mike Piazza finally made the Hall of Fame — on his fourth try — to forever etch his place among the all-time greats. Piazza was the backbone to some great Mets teams and New Yorkers who root for the orange and blue will always have a soft spot in their hearts for the franchise's greatest catcher.

3 New Nets

The Brooklyn Nets underwent a face-lift to start 2016, as they fired head coach Lionel Hollins and reassigned general manager Billy King on Jan. 11. Just a few weeks later, they hired Sean Marks, who was a rising star in the Spurs' front office. Here's hoping the Nets build the old-fashioned way — like the Spurs — through shrewd drafting and keen under-the-radar signings.

4 Fish fried

Knicks team president Phil Jackson relieved head coach Derek Fisher of his duties on Feb. 8. Fisher, whose personal issues such as dating Matt Barnes's estranged wife, along with his failures as the Knicks' coach (40-96), led to his ouster in New York. It was somewhat a surprising move by Jackson who thought fondly of Fisher, and who was well-versed in the triangle offense from his time as Jackson's point guard on multiple Lakers title-winning teams.

5 Knicks get frisky

The man nicknamed "Horny" was a surprise selection, considering Jackson indicated he wanted a coach that he already had an established relationship with and who had experience running his beloved triangle offense. In June, the Knicks surprised everyone when they hired the former Phoenix Suns head coach — following a secret dinner between him and Jackson.

Eli Manning

6 New-look Knicks

Hornacek wasn't the only surprise addition, as the Knicks retooled its roster with nine new faces. None, though, brought the buzz and anticipation that point guard Derrick Rose did following his offseason trade from his hometown Chicago Bulls. He's not the face of the franchise, but with his addition, it gives the Knicks its first legit star name at the position since an aging Jason Kidd — and prior to that a veteran Chauncey Billups.

7 Big spenders

The Giants began the 2016 free agency period in March with almost $56 million in available cap space, and for once, general manager Jerry Reese opened the wallet and did some serious shopping. Reese inked cornerback Janoris Jenkins, defensive tackle Damon Harrison and defensive end Olivier Vernon. Those three contracts accounted for nearly $200 million, but have all paid huge dividends. The Giants defense is currently ranked 15th in the NFL, and Jenkins, Harrison and Vernon all made strong cases for Pro Bowl consideration.

8 Out with the old

The Major League Baseball trade deadline featured the Yankees making a few prudent moves, with the eye on the future. Reliever Aroldis Chapman, Andrew Miller and Carlos Beltran were all traded by the Aug. 1 deadline, and Alex Rodriguez was effectively forced into retirement. Chapman, it should be noted, has returned to the Bronx via free agency. The Yanks then restocked the farm system, called up Gary Sanchez, who turned into an instant fan favorite — and who also re-energized the lineup with his hitting.

9 What a ride

Jets' fans went on a tremendous ride in 2016, although not the kind of thrilling adventure roller coasters usually provide. Geno Smith entered the offseason workouts as the No. 1 and looked as if he was actually poised for a good year. When veteran Ryan Fitzpatrick agreed to a one-year, $12 million deal as training camp started, Smith was the odd man out. Fitz steered the Jets to a 3-9 mark to start the season and gave way to Bryce Petty.

10 Say your prayers

What year-ending list could survive without the mere mention of Tim Tebow? The former Heisman Trophy winner, first-round pick and playoff-winning quarterback flamed out of the NFL, so naturally he'd try his hand at professional baseball. Tebow was invited to the Arizona Fall League in September and soon found out that he was in over his head.

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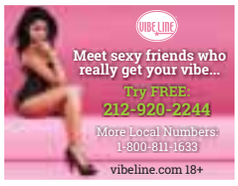

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28 Feeling sad
30 Memento
33 Where to browse
34 Tall bird
37 Mars, to Plato
38 Writer -- Ivins
39 Part of MIT
40 Keep fit
41 Flat-topped hill
42 Shade-loving plant
43 Grants
44 AKA Obi-Wan
45 On the shelves
48 It may face the rear (2 wds.)
52 Big change (2 wds.)
55 Suffix for forfeit
56 Au -- (nanny)
57 Chits
58 Leg bone
60 Noted lava spewer
61 Director -- Ephron
62 Slicker
63 It follows anything
64 Veld grazers
65 Deep Blue's game

Down
1 Earl "--" Hines
2 Old war story
3 Banded gem
4 Hull sealant
5 Marine mammal (2 wds.)
6 Attic end
7 Band together
8 Court jester
9 To no avail
10 Kind of pin
11 Desensitize
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51 Muscle injuries
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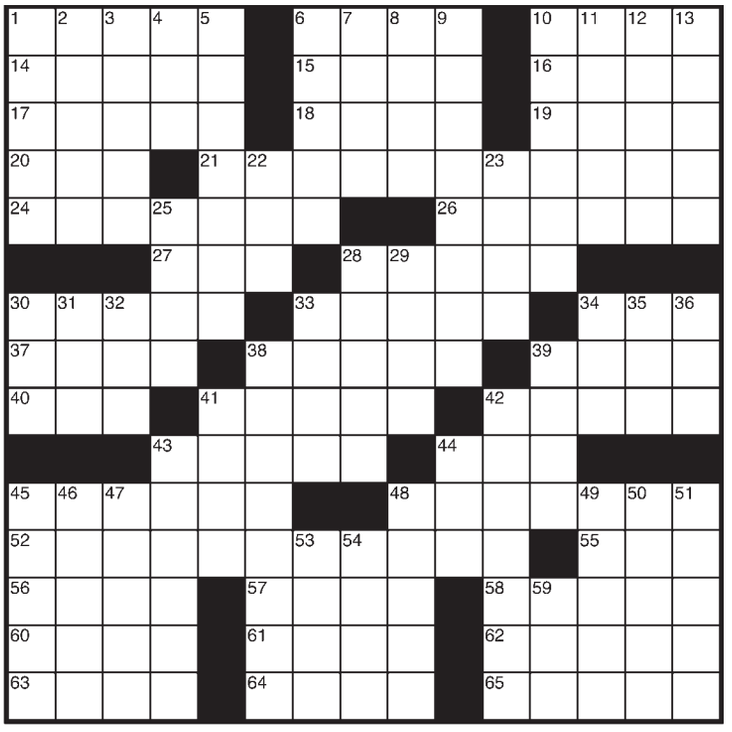

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easy

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9	5	7		6		8		
				8				
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	7				1			

hard

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4		2		1		9		
	4	3	6	5				
7	2	9			8		6	
6								

metro.us/horoscopes

Aries A diplomatic, conservative approach to partners, peers and employers is encouraged. Self-improvement will bring better results than criticizing others.

Taurus Where is the money? It's heading your way, and as long as you put it somewhere safe, you'll be ahead of the game. Get together with friends or relatives.

Gemini Don't get caught up in someone else's melodrama. Separate the truth from fiction, and make alterations to your life that will benefit you in the new year.

Cancer If you share your thoughts and plans for the upcoming year, you will get valuable feedback that will help shape the way you move forward.

Leo An opportunity will take you by surprise. Whether you are making personal or professional changes, the future will unfold in your favor. Romance is encouraged.

Virgo Join in the fun. Whether it's a networking function or a little festive entertainment with your peers, the interactions you have will lead to a new beginning.

Libra Say less and do more. If you take action and make things happen, you'll feel happier about your future. Don't wait for change to come to you when you can go after it.

Scorpio Attending a gathering with people from your past will remind you of old dreams and skills you haven't used in a long time. Explore the possibilities.

Sagittarius A lifestyle shift must be made for the right reason. Double-check your motives and others' expectations of you before you do something. A commitment can be made.

Capricorn Accept inevitable changes and move forward without looking back. Let your intuition lead to a better future. Trust in yourself, not in what others tell you.

Aquarius Secure your place in the world. Consider what you've done and what you still want to accomplish. With a little discipline, you can put your plans in motion.

Pisces An interesting professional opportunity is within your reach. Consider the possibilities and what it would mean for your future standard of living. EUGENIA LAST

Yesterday's answers

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B	R	I	E	R	■	I	R	S	■	H	I	R	E	S
L	E	N	D	■	A	L	S	■	G	I	N	■	■	■
O	D	D	■	P	G	A	■	B	E	N	E	A	T	H
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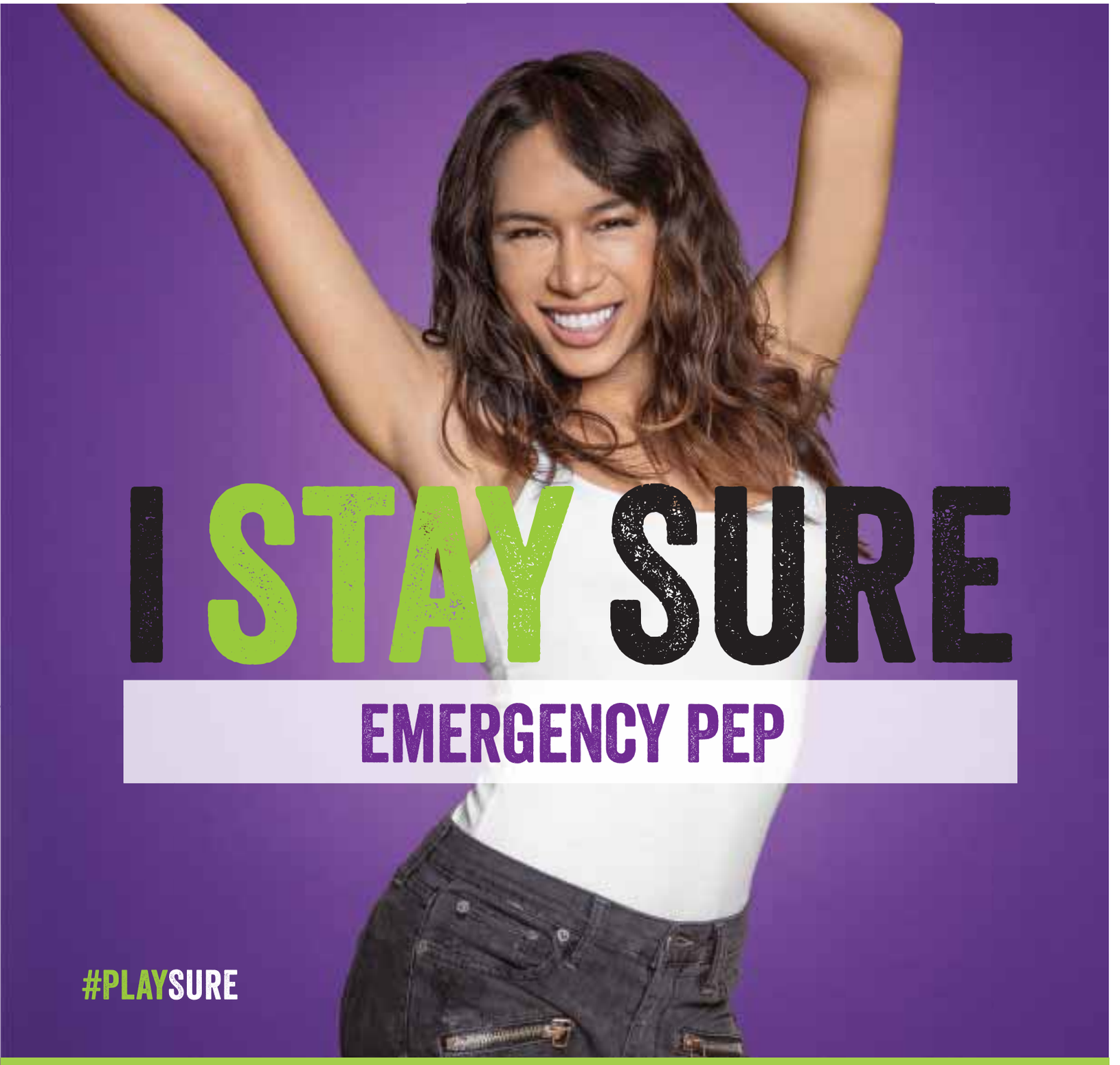

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